

fit&fun

Spring Challenge 2018

TAMC is offering a Spring Challenge to help encourage kids, adults, and families to get or stay active!

Passport punch cards are available at each of the events below.

Get your card punched at events and earn prizes!

April

7 SATURDAY
Spring Run Off 5K
 UMPI, 8 am • \$15 for individuals;
 \$25 for 3-person relay team

Registration begins at 8 am in Weiden Hall Gym. Walkers start at 9:30 am and runners start at 10 am.

15 SUNDAY
TAMC Sunday Swim
 UMPI Gentile Hall, 2-5 pm • \$1

Sponsored by TAMC. Affordable fun for the family. The \$1 fee covers your entrance to Gentile Hall and use of the pool.

19 THURSDAY
PEANUT CARNIVAL
 Community Center, 1-3 pm • \$2

The event includes a variety of games, bounce houses and the chance to win a new bike. Open to all children grades K-6.

21 SATURDAY
BOWLING
 Northern Lanes, 3-5 pm • Free

Sponsored by TAMC. Access to lanes and bowling shoes are first-come, first-served.

27 FRIDAY
SPLASH & DASH CLUB DROP IN
 UMPI Gentile Hall, 3 pm • \$5

Kids age 7-12 (by 12/31/18) are invited to come after school and spend some time in the pool and on the track. Bring your swimsuit, towel and sneakers. Check it out and see if you might want to do the Splash & Dash in June.

May

10 THURSDAY
Run/Walk/Bike Through the System KICK-OFF
 TAMC, 4:30 pm • Free

TAMC's "Run/Walk/Bike Through the System" is a chance for people to travel the distance between all of the hospitals in the EMHS system, from TAMC to Mercy in Portland. Complete the race on your own schedule by tracking steps/miles. Earn a medal upon completion and be entered into a drawing for a prize. Come to the kick off event to complete your first mile together, and to get a map and log sheet for the challenge.

19 SATURDAY
AROOSTOOK RIVER FUN RUN
 Registration begins at 8:30am
 \$10 Adults, \$5 children under 13

Sponsored by the Rotary Clubs of PI and Washburn, the Kiwanis Club of PI and TAMC. This event includes 3 fun options, all of which end at the PI Fish & Game Club. Paddle down the Aroostook River from Washburn to PI; bike from PI to Washburn and back; or run/walk a 5K from the Community Center to the PI Fish & Game Club. A free BBQ lunch, awards and door prizes take place at the close. For more details, see the event page on Facebook.

31 THURSDAY
ROCKING ON RIVERSIDE
 Pavilion area, 6 pm • Free

Get your card punched in the Kids' Corner. Enjoy a variety of games and activities led by Northern Lighthouse.

June

9 SATURDAY
SPRING FLING
 PIHA, 10am-1pm • Free

This event hosted by the Presque Isle Housing Authority includes a community BBQ and a garden-themed art project with Wintergreen.

10 SUNDAY
GIRLS ON THE RUN
 Mantle Lake Park, 8:30 am
 \$25 Adults, \$15 youth 15 & under,

This untimed event will include pre-run activities, such as Happy Hair, Face Painting and more. Pre-run fun begins at 8:30, dance warm up at 9:30 and 5K at 9:45. To register or FMI: girlsontherunmaine.org/Aroostook-County-5k or heidi.bartley@girlsontherun.org

16 SATURDAY
SPLASH & DASH
 UMPI, 8:30 am • \$15

This is a fun event that combines running and swimming. The focus is on participation rather than competition. Open to kids ages 8-12 (by 12/31/18). Registration begins at 8:30 am, with the event running from 9am to 12noon. Get one punch if you come to cheer on participants and two punches if you take part.

PASSPORT PUNCH PRIZES

3 Punches: Fold Up Flying Disc
 5 Punches: Drawstring Sports Bag
 7 Punches: Fit & Fun T-Shirt



EMHS MEMBER

For more details contact Jamie Guerrette at 768-4008 or go to www.tamc.org.